

# The Supersonic QuickStop Prayer

"Death and Life are in the power of the tongue." ...Proverbs 18:21

"Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying,\* that it may minister grace unto the hearers." ...Ephesians 4:29

## The Purpose

The spiritual purpose of this practice is to bring Love into expression in our lives. The practical purpose of this discipline is to train our tongue to respond to negative thoughts by speaking in a way that dispels those thoughts as quickly as possible.

## The Principle

This Practice is based on three ancient sayings that work together to quickly transform our experience of life.

### ***1-"The first word that touches a problem determines its outcome."***

We must never say what we 'see' in the world, or in our mind, *unless we are seeing something good. This is because "...by our words we are justified, and by our words we are condemned."* (Mat. 12:37)  
Whatever we say about what we 'see,' will ultimately become our reality, for better or worse.

### ***2-"Evil flees from the name of Jesus Christ."***

An evil thought is an 'error thought' that will ultimately produce pain and suffering in our lives. By speaking the name of Jesus Christ aloud, our 'error thoughts' will flee from us in order to reveal the fruit of Love, which is peace of mind. *"...my peace I give to you: not as the world gives, do I give unto you."* (John 14:27)

### ***3-"And be not conformed to this world: but be transformed by the renewing of your mind, so that you can prove what is the good, and acceptable, and perfect, will of God."*** (Romans 12:2)

When we say the Name of Jesus Christ instead of what we 'see,' we substitute the reality of Love for the reality that we currently perceive in the world around us. This will 'renew' our mind, and transform the conditions and circumstances of our lives.

## The Practice

Whenever a thought arises in your mind that does not reveal something good for yourself or another, immediately clap your hands in front of your face, or gently tap yourself on the forehead and then begin to speak the sacred Name of Jesus Christ aloud. Continue repeating the speaking of the Name until you have forgotten why you are doing it.

\* **Edify:** To enlighten or instruct so as to encourage moral or spiritual improvement.